



# Springfield Campanile



**A publication of the City of Springfield  
Department of Elder Affairs**

Mayor Domenic J. Sarno

**November / December 2016**

## **Mayor Sarno & Officials Break Ground on new Raymond A. Jordon Senior Center**



**FRIDAY, SEPTEMBER 30, 2016**

Mayor Domenic J. Sarno hosted a groundbreaking ceremony along with the Springfield Park Commission for the Raymond A. Jordan Springfield Senior Center to be built in Blunt Park.

The facility will include a variety of activity spaces throughout the 25,000 square foot, two-story building. Activity rooms will include and are not limited to, dance, billiards, sewing, ceramics, carpentry, music, computer access, and a library. The focal point will be a 3,000 square foot banquet room which will hold daily luncheons, special events and a teaching kitchen.



**Council on Aging**  
787-6785

*Fax: 750-2694*

**Golden Age Club**  
787-6486

**Senior AIDES**

**Employment Program**  
787-6126

**S.H.I.N.E.**  
750-2893

**Computer Learning Center**  
750-2090

**Outreach Program**  
750-2896/ 886-5260

**Smoke Detector Program**  
311

## COA Board Members

Maurita Bledsoe  
Adrienne Caulton

Olga Ellis

Donald Evans  
Annemarie Pajer

William Toller

Willinette Williams



## Department of Elder Affairs Staff

Janet Rodriguez Denney  
*Director of Elder Affairs*

*Carol Gasque*

*Fiscal Director*

*Charlotte Lee*

*Senior Employment Director*

*Suzie Livingston*

*Employment Specialist*

*Alicia Germain*

*SHINE Program Director*

*Ramon Planas*

*SHINE Outreach Worker*

*Eliana Franklin*

*Adult Outreach Liaison*

*Celines Cruz & Lakisha Reddick*

*Outreach & Referral Services*

*Frank Holmes*

*Computer Learning Center*

*Hector Torres*

*Transportation*

*Darryl Mickey*

*Van Driver*



**Janet Rodriguez Denney**  
**Director of Elder Affairs**  
**City of Springfield, Mass**

## *Director's Corner*

Happy Holidays to all of you!

*The Holidays are a special time but for many of us they can be difficult.*

*Our centers are here for you. They can be a place of activity and/ or a quiet place to reminisce.*

*Please look at many of the activities planned in the centers and see which suits you the best. I will look to see you!*

*I want to take this time to express my appreciation of working with all of you! All of you have become an extension of family as we walk our life journey together.*

*I wish you all a very safe and healthy Holiday Season.*

**Jan Rodriguez Denney**

*Funding for many of our wonderful programs and activities is provided through Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA.*

## Department of Elder Affairs ~ Mission Statement

*The Department of Elder Affairs  
is dedicated to enhancing the quality of life for senior citizens in the  
City of Springfield.*





# Springfield Golden Age Travel

1600 East Columbus Ave, Springfield, MA

Call 413-787-6486 for more information.

Please make all checks payable to: Golden Age Club

## New Fun Filled Trips Coming in January!

Make sure to look for trip information at any Springfield Senior Center or Golden Age Club location.

*From all of us at the  
Golden Age Club  
may you have a very  
Happy Holiday Season.  
Here's a little treat  
to share from us to you.*

### *Eggnog Bundt Cake w/ Eggnog Frosting*

#### Ingredients

1 (15oz) yellow cake mix  
1 (3oz) dry white chocolate instant pudding mix  
½ C light egg nog  
½ C light sour cream  
4 eggs or I use 2 whole eggs and 4 egg whites  
(to reduce fat/cholesterol)  
¼ C canola oil  
1 tsp nutmeg  
¼ C water  
Pan Coating:  
½ C sugar  
1½ tsp cinnamon  
Frosting:  
¼ C butter, softened  
¼ C light egg nog, room temperature  
½ tsp vanilla  
¼ tsp nutmeg  
⅛ tsp sea salt  
2 C powdered sugar

#### Instructions

Preheat oven to 350 degrees.  
Generously coat bundt pan with cooking spray. Combine sugar and cinnamon in a small bowl; mix.  
Evenly coat pan with mixture; reserving excess.  
Set aside. In a large mixing bowl combine cake mix, dry pudding mix, nutmeg; stir to combine.  
Add egg nog, sour cream, eggs, canola oil, water; mix until smooth.  
Pour batter into prepared pan.  
Tap on counter to even out batter without disturbing coating.  
Add additional cinnamon/sugar mixture onto the batter.  
Bake 35-40 or until toothpick inserted near center removes clean.  
Rest cake on rack for 10 minutes.  
Turn out cake onto cooling rack and let cool completely.  
Frosting:  
In a mixing bowl cream butter, vanilla, and eggnog. Add nutmeg, salt, and powdered sugar 1 C at a time.  
Mix until smooth and a pour able consistency; adjust as necessary with more egg nog or powdered sugar to gain a nice consistency.  
Place Cake on serving platter, spoon frosting around the top of cake and allow to drizzle down the sides.  
Serve and Enjoy!



#### MONDAYS

##### **Brightwood Branch ~ 1:15p.m.**

Springfield Hobby Club  
309 Chestnut Street

##### **Winchester Sq. Branch ~ 1:00p.m.**

Independence House  
1475 Roosevelt Avenue

#### TUESDAY

##### **Tri-Towers Branch ~ 1:00p.m.**

Tri-Towers Community Room  
18 Saab Court

#### WEDNESDAYS

##### **Bi-Monthly 1st & 3rd Wednesday**

##### **Mayflower Branch ~ 10:00a.m.**

Wachogue Church  
Corner of Arvilla/Roosevelt

##### **East Springfield Branch ~ 1:30**

773 Liberty Street

#### THURSDAYS

##### **Carew Street Branch ~ 10:30a.m.**

Jenny Lane  
1122 St James Avenue

##### **Pine Point Branch ~ 1:00p.m.**

Pine Point Community Center  
335 Berkshire Avenue

#### FRIDAY

##### **Sixteen Acres Branch ~ 1:00p.m.**

Clodo Concepcion Center ( Greenleaf)  
1187 ½ Parker Street

#### **Top Officers**

Annemarie Pajer  
President  
Darlene Mickiewicz  
1st Vice President  
Pearl Defilio  
Treasurer  
Marie Brackney  
Secretary

#### **Springfield Golden Age Club Board Members**

Brightwood Vice President  
Joanne Lucas  
Carew Street Vice President  
Teresa Plasse  
East Springfield Vice President  
Annemarie Pajer

#### **Forest Park Vice President**

Marie Spedero  
Mayflower Vice President  
Marie Brackney  
Pine Point Vice President  
Alice Lamothe-Roy

#### **Sixteen Acres Vice President**

Marilyn Hallas  
Tri-Towers Vice President  
Earnestine Johnson  
Winchester Square  
Vice President

## Medicare Open Enrollment

Attention Medicare beneficiaries! Those who want to make changes to their prescription drug plans or Medicare Advantage coverage can do so starting Oct. 15 during Medicare Open Enrollment period. There will be a fewer plans to pick from this year, but in general people will have plenty of options. Some individual plans have significantly higher rates or their coverage has changed. There's more to look at than just the sticker price of a plan alone. It's critical that beneficiaries compare the plans in their area to make sure they're in the plan that covers the drugs and doctors they need--- at the best price. We don't know what the Medicare Part B cost will be next year, although there is speculation that we will see a small COLA in Social Security which usually means an increase in Part B costs.



Important things to consider when reviewing your plan changes are: Does it still cover all your medications? Did you get a letter from your Medicare Prescription Drug Plan that your plan is changing? If you've been re-assigned to a new plan, contact the new plan to assure it will cover your current medications. If not, you must join a new plan before December 7, 2016. Also, if you've never joined a Medicare Prescription Drug Plan (Part D), you can do it during this time.

During the Medicare Open Enrollment (**October 15 - December 7**), you will have an opportunity to CHANGE your coverage for next year. You can decide to stay in Original Medicare or join a Medicare Advantage Plan. If you are already in a Medicare Advantage Plan, you can use the Open Enrollment to switch back to Original Medicare with a Medicare Prescription Drug Plan.

**Call early to get a SHINE appointment (750-2893) during Open Enrollment!**

**Our Volunteers are already busy with appointments!**

## JOB TRAINING OPPORTUNITIES FOR MATURE WORKERS



THE CITY OF  
SPRINGFIELD, MASSACHUSETTS



If you are 55 years of age or older, a resident of Hampden, Hampshire County and want to re-enter the job market:

We hire and provide Training for the income eligible Older Worker!

We need your experience, dedication, skills insight and patience.

We are taking applications for future openings for individuals interested to get into the work force and are able to work 20 hours a week.



Call either offices to speak to our intake person:

### Hampden Office

Mature Workers Program  
1600 E. Columbus Avenue  
Springfield, MA 01103  
413-787-6126 or 413-787-6613

### Hampshire Office

Mature Workers Program  
Franklin/Hampshire Career Ctr  
178 Industrial Dr., Suite 1  
413-586-6506 ext. 115

Cooperating Agencies: City of Springfield Dept. of Elder Affairs, Department of Labor, and Senior Service America Inc.

**"Operated under USDOL grant and in cooperation with Senior Services of America, Inc. The SCSEP Program is an equal opportunity program."**

News from the Outreach Department -Dept Of Elder Affairs ~ 413-750-2896

My name is Lakisha Reddick, a resident of the City of Springfield. I'm the newest Outreach Worker at the Department of Elder Affairs. I come with many years of experience working with community agencies and members, connecting individuals to needed services and researching new programs that will help the day to day life's of so many in our city. I look forward to working with the elder population, families and caretakers.



*To Those Who Courageously Gave Their Lives.....  
And Those Who Bravely Fight Today....*

**THANK YOU!**



**Forest Park Manor****Director: Maddie Allen****Open Tues & Thurs 10:00 am-2:00 pm**  
**24 Barney Lane ~ 787-7714****10:30-11:15a.m.**

Easy Does it Group Exercise

**1st Thurs.**—Movie with free popcorn**3rd Thurs.** 10:00a.m. Vietnamese Women's Group**11:00a.m.-1:00p.m.** Blood Pressure Screening

Workshops &amp; presentations –call for dates &amp; topics

**2nd & 4th TUESDAY OF THE MONTH****Hot Lunch ~ 12:00 noon ~ \$2.00**

Lunch provided through Greater Springfield Senior Services-Reservation required by the previous Thursday. Call 787-7714 to make your lunch reservation.

**2nd Friday:** Brown Bag Pick-up**Grocery Store Trip** ~ Once a Month call for days & time*The coffeepot is always on. Stop in to read the paper, watch TV, have a cup of coffee or tea, chat with you neighbors!***Fitness Center****Director: Gleny Vargas****Open Mon-Fri 7:00 am-3:00 pm**  
**310 Plainfield Street ~ 886-5240****Monday**Cardio Machines/Weight machines  
Coffee

7:30-8:30am ~ Blood Pressure

10:30-Resistance Bands w/Gleny

**Tuesday**

7:30-9:00 Blood Pressure

Cardio Machines/Weight machines  
Coffee**Wednesday**Cardio Machines/Weight machines  
Coffee

7:30-8:45 Blood Pressure

10:30 Resistance Bands w/Gleny

**Thursday**Cardio Machines/Weight machines  
Coffee

7:30-9:00 Blood Pressure

**Friday**Cardio Machines/Weight machines  
Coffee

8:00-11:30 Blood Pressure

**\*\*Walking Club: Spring TBD****Mason Sq. Center****Director: Madeline Cofield****Open Mon-Fri 8:00 am-4:00 pm**  
**439 Union St, Emerson Hall ~ 733-3917**  
**GSSSI Lunches \$2.00 suggested donation****Monday**

9:00 Coffee &amp; Chat

10:30 Bible Study

1:00 –3:00 Bingo/Triominoes

**Tuesday**

9:00 Coffee &amp; Chat

Sewing &amp; Crafts

12:00 Jigsaw~ anyone !!!

**Wednesday**

9:00 Coffee &amp; Chat

9:00 Manicures by appt

1-2:00 Chair Aerobics/Exercise

Strength with Bands (bi-weekly)

**Thursday**

9:00 Coffee &amp; Chat

Sewing &amp; Crafts

1:00-3:00 Bridge

**3rd Thursday 10:30 am Brown Bag & SNAP; Manicures by apt****Friday**

9:00 Coffee &amp; Chat

12:30 Knitting &amp; crafts

1:00-3:00 Domino's

1:00 Movie 5th Friday

**Clodo Concepcion Comm. Center****Director: Kerry Welch****Open Mon-Fri 9:00 am-3:00 pm ~****1187 1/2 Parker Street ~ 750-2873****Hot Lunch Served Mon.& Wed. from 12:00-1:00 \$2.00 Suggested Donation.****Reservations required****Monday**

9:00 Coffee Hour &amp; Walking Club

9:30 Dancercise

12:00 GSSSI lunch/

1:15 Retired Federal Workers Assoc. Mtg (1st Monday of month)

1:30 Extreme Walk &amp; Strength

**Tuesday**

9:00 Coffee Hour &amp; Walking Club

9:30 Walk &amp; Strength

10:45 Tai Chi \$3.00pp

1:00-2:30p.m Line Dancing

**Wednesday**

8:30 1st Wed. of the month Foot Care (by appt.only –every other month)

9:00 Coffee Hr &amp; Walking Club

9:30 Balance Class

12:00 GSSSI lunch

**Thursday**

9:30 Walk &amp; Strength

12:00-3:00 Play Pitch \$2.00 (high score &amp; door prizes)

**Friday**

1:00 –3:00 Golden Age Club Mtg

**Hungry Hill Center****Director: Linda Henley****Open Mon-Fri 9:00 am-4:00 pm****773 Liberty Street 733-9411****Monday**

9:00 Computer Class

10:30 Light Aerobics(\$3.00 per mo)

11:30 Social Hour

**Tuesday**

9:30 Knitting &amp; Crafting

Lunch Every Tuesday!

**(Reservations One week in Advance)**

Every 2nd Tues. Bingo 1p.m.-4:00p.m.

Pokeno 1st, 3rd, &amp; last Tuesday

**Wednesday**

10:30 Walking Tape

2nd Wed. Reflexology

**Thursday**

10:30 Video Exercise &amp; Strength training

1:30p.m. Movie w/popcorn

3rd Thurs. Birthday Celebration

*Hungry Hill Council Mtgs***3rd Thurs. 6pm****Friday**

1:00 Adult Coloring

EOM Foot-care by appoint.

2nd Friday of the Month Brown Bag

3rd Fri. Reflexology \$5.00 &amp; Chair Massage \$10.

**Good Life Center****Open Mon-Fri 8:00 am-4:00 pm**  
**1600 East Columbus Ave. 787-6785****Outreach Program** It serves as the primary vehicle for providing information and referral services for seniors in the Springfield area.**Golden Age Club** Provides Social/Recreational services to eleven branches across the city.**Senior AIDES Employment Program-** Provides useful, meaningful community service employment to eligible low-income, disadvantaged mature workers.**S.H.I.N.E** The SHINE Program is Massachusetts' State Health Insurance Program that provides free, one-on-one health insurance information, counseling and assistance to Medicare beneficiaries of all ages.**Computer Learning Center** Seniors can learn to use email, the internet, and computer programs.

**Mayflower Center**

Director: Alex Martin

1516 Sumner Ave. 782-4536

Open Mon-Fri 9:00 am-2:00 pm

GSSSI Lunches \$2.00 suggested donation

Home of the Technograys email:

mayflowercenter@verizon.net

**Monday**

9:30 Line Dancing

1:00 Mass Assoc. for the Blind 7/20 &amp; 8/17

**Tuesday**

10:00 Dominoes

10:00 Tues. Benefits check-up screening

11:00 Join Mayflower Walking Tigers

12:30 Art for the Soul

**Wednesday**

9:00 1st Wed. Ask your CPA

10:00 Tai Chi for Beginners ~ New

11:15 Meditation

12:30 Book Club

**Thursday**

11:30 1st Thurs. Lunch w/appetizers

11:00 2nd Thurs Workout w/bands

11:30 3rd Thurs. Lunch w/appetizers

12:30 4th Thurs. Gratitude Journaling

**Friday**

8:45 Tai Chi Weekly

10:00 1st Fri. Beg. Tap Dancing ~ New

12:00 2nd Fri Brown Bag Pick-Up

10:00 3rd Fri Beg. Tap Dancing

12:30 4th Fri. "It's Hip to Be Fit"

**Pine Point**

Director: Kerri Jahn

335 Berkshire Ave ~ 732-1072

Open Mon-Fri 9:00 am-3:00 pm

GSSSI Lunches \$2.00 suggested donation

**Monday**

9:15 Coffee &amp; chat

9:15 Chair Exercise

1:00 Card Playing

A.M. &amp; P.M. Adult Coloring ~ Free

3rd Monday Jewelry Class

**Tuesday**

9:15 Coffee &amp; chat

10:00-12:00 Cards

1:00 - 3:00 Bingo

Pine Pt. Council Mtgs 2nd Tues 7:00p.m.

**Wednesday**

9:15 Coffee &amp; chat

1:00 Cards

2nd Wed. Foot-care by appoint.

4th Wed. Massage by appoint.

**Thursday**

9:15 Coffee &amp; chat

2nd Thurs of Month Blood Pressure 12-

1pm /Sponsored by AIC Student Nursing

1:00 Golden Agers

Coffee, Pastries &amp; Bingo

**Friday**

9:15 Coffee &amp; chat

A.M &amp; P.M Adult coloring ~ Free

1:00 Cards or Pokeno

**Riverview Center**

Director: Moraima Mendoza

Open Mon-Fri 9:00 am-4:00 pm

122 Clyde St. 413-787-5220

GSSSI Lunch Daily Reservations Required

\$2.00 Suggested Donation

**Monday**

8:00-10:00 Coffee hour

9:30-10:30 Open Art Studio

12:00 Open Art Studio

**Tuesday**

8:00-10:00 Coffee Hour

9:30-11:30 Drop in Knitting

4<sup>th</sup> Tues: Brown Bag for Food Pantry

All Day Open Art Studio

**Wednesday**

8:00-10:00 Coffee Hour

9:30-11:30 Crochet Basics

All Day Open Art Studio

**Thursday**

8:00-10:00 Coffee Hour

10:00 Crocheting Group

12:00 Sewing Project

**Friday**

8:00-10:00 Coffee Hour

10:00-11:00 Fit Fridays! Lectures,

Cooking, Nutrition

11:00-11:30 Book club w/Hayde –

Brightwood Library

12:00 Open Art Studio

**Billiards and Dominoes Available Daily****Walking Club– Coming Soon!**

GRATEFUL, THANKFUL,  
*Blessed*



*Many blessing to all this Thanksgiving season!*

SuperPopulated.com



**Coming Soon!!**

**CHAIR AEROBICS!**

Date & Time To Be Determined

At Pine Point Senior Center  
335 Berkshire Ave, Springfield, MA  
Please Call Center For More Information!  
413-732-1072

The chair aerobics class designed by Our Journey @ OD Fitness is for all fitness levels and also provides modified exercises for those that may have ailments or disabilities. The class focuses on having the participants do a range of upper body movements and lower body movements increasing the flexibility and range in motion. Target Heart rate zone of 80-130 bpm (50-80%) is encouraged, with the capability of burning 30 to 90 calories on a sliding scale based on each individual's activity level for the duration of the 1 hour class.

### \*\*\* IMPORTANT \*\*\*

Please be mindful in times of inclement weather this winter season.

During the event of a winter storm it is important to listen to your local news,

**WWLP ~ 22 & ABC 40**

For Delays and Cancellations.

Please remember when  
**Springfield Public Schools** are Closed  
there are **NO Activities** at the  
Department of Elder Affairs Senior Centers  
& Golden Age Clubs.



(If you are unsure please call your local center before you go out.)



## Dancercise The Fun Way to Fitness!

*Stretching \* Posture \* Grace  
Aerobic Jazz for Strength*

**Mondays**

**9:30a.m.-10:30a.m.**

**Only ~ \$3.00 PER CLASS**

**Clodo Concepcion Community Center**  
1187 ½ Parker Street, Spfld  
(Greenleaf Park ~ behind 16 Acres Library)

*Instructor: Lynn Jasmin*

*\* Owner, Director of "Miss Lynn's School of Dance" (15yrs)*

*\* Ms. Senior Massachusetts ~ 2005*

Please register for class or for more information  
call Kerry Welch at 413-750-2873



**Winchester Sq.  
Golden Age Club**

**Hawaiian Luncheon**



# Do This Kind Of Work to Delay Alzheimers

## **New research suggests key lifestyle factors may make all the difference**

July 25, 2016

By [Emily Gurnon](#) Health & Caregiving Editor

Doing intellectually complex work and interacting with others may help forestall the effects of Alzheimer's disease, according to two studies released on Sunday.

Individuals in [one study](#) who had a "mentally stimulating lifestyle" were protected from the cognitive decline associated with the typical Western diet, according to Matthew Parrott, of Baycrest Health Sciences in Toronto, Ontario, and his colleagues.

The research followed 351 independently living older adults over three years. A diet of red and processed meats, white bread and potatoes, pre-packaged food and sweets was associated with cognitive decline, the study showed. But those individuals with mentally stimulating work and social engagement, as well as a higher education level, maintained cognitive function to a greater degree.

Researchers found that five categories of symptoms often precede memory loss in Alzheimer's: apathy; mood; impulse control; social appropriateness and perception.

### **People-Centered Work Helps, Too**

Another [study](#) showed that healthy people with evidence of Alzheimer's in the brain show the highest cognitive function if they worked mostly with *people* rather than data or physical things. That research, which looked at spots of white matter on the brain scans of 284 people in late middle age, was conducted by the Wisconsin Alzheimer's Institute and the Wisconsin Alzheimer's Disease Research Center.

"These new data add to a growing body of research that suggests more stimulating lifestyles, including more complex work environments with other people, are associated with better cognitive outcomes in later life," said Maria C. Carrillo, Alzheimer's Association chief science officer, in a [written statement](#).

### **Early Alzheimer's Symptoms Different**

A third [study](#) described symptoms of a newly identified condition called Mild Behavior Impairment (MBI), [the Post reported](#).

Most people assume that memory loss is the first symptom of Alzheimer's. But researchers including Dr. Zahinoor Ismail, a specialist in neuropsychiatry at the Hotchkiss Brain Institute at the University of Calgary, who presented the study, suggested otherwise.

They found that five categories of symptoms often precede memory loss in Alzheimer's: apathy; mood; impulse control; social appropriateness and perception. Specific symptoms include sadness, disorientation, panic episodes, aggressiveness or argumentativeness, frustration, stubbornness, hoarding and substance abuse, the Post said.

### **Play Those Games**

Another study presented in Toronto examined the effect of three different kinds of "brain training" on older adults. Over a period of 10 years, 2,802 cognitively healthy older adults, whose average age was 73.4 when the study began, were divided into four groups, [the Los Angeles Times reported](#).

One of the groups got no training at all. Of the three other groups, one got a classroom course on strategies for boosting memory; another got a classroom course on sharpening reasoning skills and the third received computerized training to increase their visual processing ability, the Times reported. For those who took the computerized training, "the cumulative risk of developing cognitive decline or dementia over 10 years was 33 percent lower than for participants who got no training at all," [the Times said](#).

The study was called ACTIVE — Advanced Cognitive Training for Independent and Vital Elderly. The National Institute on Aging provided funding.

© Twin Cities Public Television - 2016. All rights reserved.

This email distribution approved by [bkirchoff@nextavenue.org](mailto:bkirchoff@nextavenue.org) for distribution to MA municipal Councils on Aging.

Mayor Domenic J. Sarno & Director of Elder Affairs  
Janet Rodriguez Denney Welcome  
Massachusetts Executive Department of Affairs  
Secretary Alice F. Bonner To Hungry Hill Senior Center  
*Friday, September 23, 2016*

*Massachusetts Secretary for the Executive Office of Elder Affairs, Alice F. Bonner, visited the Hungry Hill Senior Center today. Secretary Bonner and Mayor Sarno discussed issues affecting our senior citizens, and took questions from the event attendees. State Senator Jim Welch, State Representatives Carlos Gonzalez and Jose Tosado, and City Councilors Kateri Walsh, Marcus Williams and Adam Gomez also were in attendance for Secretary Bonner's first visit to Springfield.*





## Viajes del Club de la Edad de Oro

1600 East Columbus Ave, Springfield, MA  
**Llame al 413-787-6486 para mas informacion**

**Por favor haga los cheques a nombre del Golden Age Club**

*Del Club de*

*Edad de Oro,*

*nos gustaria*

*desear un Feliz*

*Fiestas a todos.*

## Nuevos viajes anunciados en Enero de 2017

### *Pastel de ponched de huevo con crema de vainilla de ponche de huevo*

#### Ingredients

1 (15oz) yellow cake mix  
 1 (3oz) dry white chocolate instant pudding mix  
 1/2 C light egg nog  
 1/2 C light sour cream  
 4 eggs or I use 2 whole eggs and 4 egg whites (to reduce fat/cholesterol)  
 1/4 C canola oil  
 1 tsp nutmeg  
 1/4 C water  
 Pan Coating:  
 1/3 C sugar  
 1 1/2 tsp cinnamon  
 Frosting:  
 1/4 C butter, softened  
 1/4 C light egg nog, room temperature  
 1/2 tsp vanilla  
 1/4 tsp nutmeg  
 1/8 tsp sea salt  
 2 C powdered sugar

#### Instructions

Preheat oven to 350 degrees.  
 Generously coat bundt pan with cooking spray. Combine sugar and cinnamon in a small bowl; mix.  
 Evenly coat pan with mixture; reserving excess.  
 Set aside. In a large mixing bowl combine cake mix, dry pudding mix, nutmeg; stir to combine.  
 Add egg nog, sour cream, eggs, canola oil, water; mix until smooth.  
 Pour batter into prepared pan.  
 Tap on counter to even out batter without disturbing coating.  
 Add additional cinnamon/sugar mixture onto the batter.  
 Bake 35-40 or until toothpick inserted near center removes clean.  
 Rest cake on rack for 10 minutes.  
 Turn out cake onto cooling rack and let cool completely.  
 Frosting:  
 In a mixing bowl cream butter, vanilla, and eggnog. Add nutmeg, salt, and powdered sugar 1 C at a time.  
 Mix until smooth and a pour able consistency; adjust as necessary with more egg nog or powdered sugar to gain a nice consistency.  
 Place Cake on serving platter, spoon frosting around the top of cake and allow to drizzle down the sides.  
 Serve and Enjoy!



#### LUNES

**Brightwood Branch ~ 1:15p.m.**  
 Springfield Hobby Club  
 309 Chestnut Street

**Winchester Sq. Branch ~ 1:00p.m.**  
 Independence House  
 1475 Roosevelt Avenue

#### MARTES

**Tri-Towers Branch ~ 1:00p.m.**  
 Tri-Towers Community Room  
 18 Saab Court

#### Miércoles

**Bi-Monthly 1st & 3rd Wednesday  
 Mayflower Branch ~ 10:00a.m.**  
 Wachogue Church  
 Corner of Arvilla/Roosevelt

**East Springfield Branch ~ 1:30**  
 773 Liberty Street

#### JUEVES

**Carew Street Branch ~ 10:30a.m.**  
 1122 St. James Avenue

**Pine Point Branch ~ 1:00p.m.**  
 Pine Point Community Center  
 335 Berkshire Avenue

#### VIERNES

**Sixteen Acres Branch ~ 1:00p.m.**  
 Clodo Concepcion Center ( Greenleaf)  
 1187 1/2 Parker Street

#### *Los miembros de la Junta Directiva del el Club de Springfield Golden Age*

#### Top Officers

Annemarie Pajer  
*President*  
 Darlene Mickiewicz  
*1st Vice President*  
 Pearl Defilio  
*Treasurer*  
 Marie Brackney  
*Secretary*

Madeline Chabot  
*Brightwood Vice President*  
 Joanne Lucas  
*Carew Street Vice President*  
 Teresa Plasse  
*East Springfield Vice President*  
 Annemarie Pajer

#### *Forest Park Vice President*

Marie Spedero  
*Mayflower Vice President*  
 Marie Brackney  
*Pine Point Vice President*  
 Alice Lamothe-Roy  
*Sixteen Acres Vice President*

Marilyn Hallas  
*Tri-Towers Vice President*  
 Earnestine Johnson  
*Winchester Square  
 Vice President*



## Inscripción abierta de Medicare



**Atención a los beneficiarios de Medicare!** Aquellos que quieran realizar cambios en sus planes de medicamentos con receta o la cobertura de Medicare Advantage pueden hacerlo a partir del 15 de Oct. durante el período de inscripción abierta de Medicare. Habrá menos planes para elegir este año, pero en general la gente va a tener muchas opciones. Algunos planes individuales tienen tasas significativamente más altas o su cobertura ha cambiado. Hay mucho más que mirar que sólo el precio de etiqueta de un plan. Es fundamental que los beneficiarios comparen los planes en su área para asegurarse de que están en el plan que cubre los medicamentos y los médicos que necesitan --- al mejor precio. No sabemos lo que el costo de la Parte B de Medicare será el próximo año, aunque se especula que vamos a ver una pequeña COLA en la Seguridad Social, que por lo general significa un aumento en los costos de la Parte B.

Aspectos importantes a tener en cuenta en la revisión de los cambios del plan son: ¿Todavía cubra todos sus medicamentos? ¿Recibió una carta de su plan de medicamentos recetados que su plan está cambiando? Si usted ha sido reasignado a un nuevo plan, póngase en contacto con el nuevo plan para asegurar que cubrirá sus medicamentos actuales. Si no es así, debe inscribirse en un plan nuevo antes del 7 de diciembre de 2016. Además, si nunca se ha unido a un plan de medicamentos recetados (Parte D), puede hacerlo durante este tiempo.

Durante la inscripción abierta de Medicare (15 de octubre - 7 de diciembre), tendrá la oportunidad de cambiar su cobertura para el próximo año. Usted puede decidir permanecer en el Medicare Original o inscribirse en un Plan Medicare Advantage. Si ya está en un Plan Medicare Advantage, puede utilizar la Inscripción Abierta para volver a Medicare Original con un plan de medicamentos recetados.

**Llame temprano para conseguir una cita SHINE (750-2893) durante la inscripción abierta!**

**Nuestros voluntarios ya estan ocupados con citas!**

**¿Es usted un veterano de guerra en busca de empleo?**



Charlotte P. Lee, Employment Director  
Senior AIDES Program  
1600 East Columbus Avenue  
Springfield, MA 01103

Si tiene 55 años o más y bajos ingresos, usted puede calificar para recibir capacitación pagada.

Para obtener mayor información,  
llame al (413) 787-6126.

El Programa Senior AIDES  
City of Springfield Department of Elder Affairs



**Muy pocas personas mayores están matriculados en SNAP**

\*3 de cada 5 adultos mayores que califican para SNAP no aplican. Esto significa que 5.2 millones de personas mayores pierden beneficios. Los estadounidenses mayores que califican para SNAP son significativamente menos propensos a participar en el programa que otros grupos demográficos.



\*Varios factores que contribuyen a la baja tasa de participación son. Muchas personas mayores se enfrentan a obstáculos relacionados con la movilidad, la tecnología y el estigma y se desaniman por los mitos generalizados sobre cómo funciona el programa y quién puede calificar.

**Llame a La Línea de Ayuda SNAP al (413) 750-2896**

## Noticias Del Departamento De Referidos y Extensión ~ 413-750-2896



Mi nombre es Lakisha Reddick, residente de la ciudad de Springfield, MA. Soy la nueva agente de extensión para el Departamento de asuntos de Mayores para la ciudad de Springfield. Vengo con muchos años de experiencia trabajando con agencias de la comunidad y los miembros, la conexión de las personas a los servicios necesarios y la investigación de nuevos programas. Estos programas ayudarán al día a día de la vida de tantas personas en nuestra ciudad. Espero con interés trabajar con los mayores de la ciudad, familias y cuidadores.

Lakisha Reddick  
Tel: 413.886.5260

### \*\*\* Importante \*\*\*

**Por favor tener en cuenta en tiempos de inclemencias durante esta temporada de invierno.**



Durante el evento de una tormenta de invierno es importante escuchar las noticias locales,

**WWLP ~ 22 y 40 ABC**

Por retrasos y cancelaciones.

Por favor, recordar que cuando Las  
Escuelas Públicas de Springfield están **Cerradas**  
**No hay actividades** en el los Centros de personal Mayores  
Del Departamento envejecientes  
y los Clubes edad de oro.

(Si no está seguro por favor, llame a su centro local antes salir.)